

Eat to be Fit

Move Toward A Positive Body Image



Do You ...

...“dis” your body? Do you focus on what you think are flaws in your body weight or shape?

What is Body Image?

- How you see yourself when you look in the mirror or how you picture yourself in your own head.
- What you believe to be true about how you look.
- How you feel about your body (height, shape, weight).
- How comfortable you feel in your body?

Positive Body Image

- You see yourself as you truly are.
- You accept your body shape.
- You see physical appearance as only one of the many things that make up a person.
- You are confident and comfortable in your own body.



Negative Body Image

- You have a distorted perception of your body.
- You think other people are attractive and you are not.
- You feel ashamed and self-conscious about your body.
- You are uncomfortable and awkward in your body.

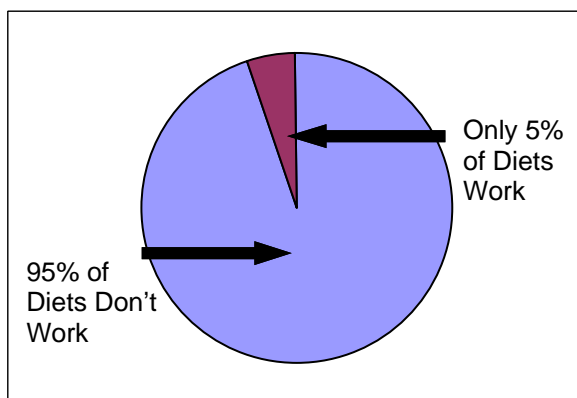


Find Your Own Style

Are you trying to fulfill **someone else's** idea of beauty?
Find your own definition ... one in which you feel strong,
energetic and healthy!

Eat to be Fit

Diets don't work!



Rather Than Dieting, Try ...

Eating Breakfast

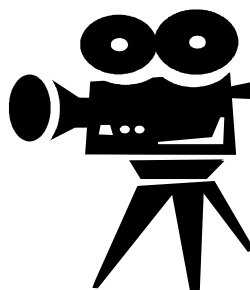
Eating One More Fruit Or Veggie

Taking a Walk Each Day

Drinking More Water

Does the media influence how you feel about your body?

The average person in America is exposed to over 5000 advertisement messages each day!



One out of every four commercials sends some sort of message about "what is attractive."

What Can You Do? **Take Back the Power!**

Start questioning media messages

Are most advertisements a reflection of reality? NO! The sole purpose of advertisements is to sell products.

Take action to promote healthier body image messages

Write a letter to an advertiser—a positive letter if their advertising supports a positive body image, or a negative one if it does not.

Speak through your purchasing power!

Did you know that most ads are targeted to people that are from 15 to 22 years old? THAT'S YOU! Spend your money on products that promote positive body images and healthful living!

Want More Info on Body Image?

Teen Health and the Media: Body Image and Nutrition:

<http://depts.washington.edu/thmedia/view.cgi?section=bodyimage>

The Body Positive: <http://www.thebodypositive.org/index.html>

Montana
Team Nutrition
2004

(406)994-5641

www.opi.state.mt.us/health